

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

July 1, 2002

NEWS BRIEFS

JULY FOURTH

State offices will be closed Thursday to observe the Fourth of July holiday. Offices will be open on Friday.

Remember to follow food safety guidelines at family gatherings or cookouts. Always wash hands before cooking, sanitize food contact surfaces and separate raw and cooked foods using different utensils to avoid cross-contamination.

Also, be safe while enjoying fireworks on the holiday by leaving fireworks displays to professionals.



TIP OF THE WEEK

Physical Therapists Offer Wellness Tips

A rehabilitation company known as PTPN has gathered ideas from physical therapists who run wellness programs on ways to improve health and maintain youthfulness. Among top suggestions submitted are:

- * Embark on a lifelong walking program.
- * Be aware of your posture - keep your chest lifted and your shoulder blades together in back to avoid back and shoulder problems.
- * Don't remain in one position for more than 30 to 60 minutes.
- * Avoid the elevator if possible; take the stairs instead.
- * When doing repetitive work, stop every hour or so and stretch the hands.
- * Support your arms when working at a computer.
- * Drink plenty of water before exercising.

State Fair Volunteers Needed

The Cabinet for Health Services' exhibit at the Kentucky State Fair last year was a great success thanks to the participation of all CHS employees who planned and worked the event. CHS was the primary draw at the 2001 Health Fair with more than 50,000 people visiting our exhibit, *Life's A Three-Ring Circus: Be Healthy and Perform Well*.

During the State Fair this year, August 15-25, CHS will again have 1,200 square feet of prime exhibit space in the South Wing in the Health Fair. In an effort to be more cost-

effective and efficient, we will repeat last year's theme.

Volunteers are needed to staff the area during the 11-day Fair. The Health Fair is an excellent way of getting our health message out to the public. Everything we do provides a service to people.

You will notice that some program areas will be rotated during the Fair this year in an effort to use our resources as efficiently as possible.

To volunteer, contact the State Fair representative in your program area.



HIPAA HOOPS



DID YOU KNOW...

The original deadline for compliance with the electronic transactions rule was Oct. 16, 2002 for all covered entities except small health plans, which by law had an additional year. Last year, in the Administrative Simplification Compliance Act, Congress authorized a one-year extension - to Oct. 16, 2003 - for those covered entities required to comply in 2002. **To obtain the extension, a covered entity must submit a compliance plan on or before Oct. 15, 2002.**

The Centers for Medicare & Medicaid Services (CMS) has issued a model compliance plan that will allow health plans, health care clearing-houses and health care providers to

receive a one-year extension to comply with the new rule governing electronic health care transactions. A covered entity will be able to submit its extension plan electronically through the CMS Web site, www.cms.hhs.gov/hipaa, and CMS will provide an electronic confirmation of receipt of the plan. Covered entities also have the option of submitting its own version of an extension plan that provides equivalent information and can submit a plan on paper. Instructions for filing a plan are available on the Web site.

In order to learn more about the administrative simplification provisions of HIPAA and view the regulation text, visit <http://aspe.hhs.gov/admsimp/>.

Source: <http://aspe.os.dhhs.gov/admsimp/PRelease.htm>



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"...promoting and safeguarding the health and wellness of all Kentuckians."